

Loss & Recovery

When Someone You Love Dies

152.4 JAM

The Grief Recovery Handbook: A Step-by-Step Program for Moving Beyond Loss (1989)

John W. James and Frank Cherry

The authors, co-founders of the Grief Recovery Institute, offer down-to-earth advice on moving through grief caused by death or some other type of loss, and creating a richer, fuller life for yourself and those around you.

155.937 EDE

Motherless Daughters: The Legacy of Loss (1994)

Hope Edelman

The role mothers play in a daughter's life and how women of different ages are affected by their mother's death.

155.937 FIT

The Mourning Handbook: The Most Comprehensive Resource Offering Practical and Compassionate Advice on Coping with All Aspects of Death and Dying (1995)

Helen Fitzgerald

This book provides information on a range of topics dealing with death, dying and grief—from preparing for a death to funeral preparations to mourning.

155.937 KOS

Getting Back to Life when Grief Won't Heal (2007)

Phyllis Kosminksy

This important book gently and clearly helps people get on with their lives and get "unstuck" from the isolating cycle of sadness and self-blame that often accompanies loss.

155.937 KUB

On Grief and Grieving: Find the Meaning of Grief Through Five Stages of Loss (2005)

Elisabeth Kübler-Ross and David Kessler

In her last book, Elisabeth Kübler-Ross, who first taught us about the stages of grieving, shows an even deeper understanding of the grieving process as well as the importance of living life. The library has other books by Kübler-Ross as well.

155.937 LEV

Unattended Sorrow: Recovering from Loss and Reviving the Heart (2005)

Stephen Levine

For 25 years, Stephen Levine has shared his experiences as a grief counsellor. He tells us that we can confront and heal ourselves from the pain of lingering sorrow.

155.937 RAN

How to Go on Living when Someone You Love Dies (1991)

Therese A. Rando

"The most comprehensive, insightful, and helpful volume on loss and survival."—Rabbi Dr. Earl A. Grollman. Highly recommended by Eagle Ridge Hospital.

155.937 TAT

The Courage to Grieve: Creative Living, Recovery and Growth Through Grief (1993)

Judy Tatelbaum

An excellent, practical guide for anyone who has suffered the loss of a loved one, with straightforward facts and coping strategies from a non-spiritual perspective.

155.937 WOL

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (2003)

Alan D. Wolfelt

Alan Wolfelt, a highly-respected and loved grief counsellor and educator, shares his messages of compassion.

The Loss of a Child

155.937 DAV

Empty Cradle, Broken Heart: Surviving the Death of Your Baby (2001)

Deborah L. Davis

This book offers reassurance to parents who struggle with anger, guilt and despair after experiencing miscarriage, stillbirth or infant death. This book includes coping strategies and a step-by-step grieving process. A gentle and assuring read.

155.937 DON

Recovering from the Loss of a Child (2001)

Katherine Fair Donnelly

This helpful book shows bereaved parents, siblings, and others how to cope with one of life's cruelest blows.

155.937 KUB

On Children and Death (1983)

Elisabeth Kübler-Ross

"A touching and inspired work about how children and their parents can and do cope with death."

When a Spouse Dies

155.937 COU

Grieving: A Love Story (1993)

Ruth Coughlin

A touching personal account dealing with the terminal illness of a spouse with cancer.

155.937 LIE

Doors Close, Doors Open: Widows, Grieving, and Growing (1996)

Morton A. Lieberman

"A warm and encouraging book for widows and their families. It fundamentally revises our view of widowhood. Along with sorrow, there can be bright hope and new opportunity."—
Judith Wallerstein, author of *The Good Marriage*.

155.937 YOU

Loss and Found: How We Survived the Loss of a Young Spouse (2001)

Kathy Young

This is the story of Gary and Kathy Young and how they survived the loss of their spouses at a young age and eventually found each other.

155.937 FEL

Finding Your Way after a Spouse Dies (2000)

Marta Felber

A gentle and spiritual book to help guide people through the process of grieving the death of a spouse or friend.

How to Help Children and Teens Mourn

155.93 COL

Parenting with Wit and Wisdom in Times of Chaos and Loss (1999)

Barbara Coloroso

Wisdom from the best-selling author of *Kids Are Worth It* helps parents help their children in life-changing events such as death, illness, disability and divorce.

155.937 DYR

Grief in Children: A Handbook for Adults (2008)

Atle Dyregrov

Full of practical advice on issues such as how to keep children in touch with their memories, answer their questions, allay their fears and explore their feelings through play, this accessible book enables adults to work with children to develop an acceptance of grief and an understanding of death and loss.

Y 155.937 FIT

Grieving Teen: A Guide for Teenagers and Their Friends (2000)

Helen Fitzgerald

A unique and compassionate guide that gives teens the tools they need to work through their pain and grief.

J 155.937 FRY

Part of Me Died Too: Stories of Creative Survival among Bereaved Children and Teenagers (1995)

Virginia Lynn Gry

An unusually sensitive and perceptive book written by a bereavement counsellor and artist at a hospice in Vermont. There are ten graceful stories of children and teens in mourning, each one attached to a short list of "creative survival strategies" that outline journal exercises and other projects to help channel grief. A helpful book for anyone recovering from a loss.

DVD J 155.937 KID

Kids Talkin' about Death (2005)

An insightful look into how kids see and interpret death, from coping with the loss of a parent to helping a grieving friend. For children aged 9–12.

How to Help Others Mourn

155.937 FEL

What Should I Say, What Can I Do?: How to Reach out to Those You Love (2008)

Rebecca Bram Feldbaum

Practical advice on what to do at hospitals and funerals.

155.937 WEI

About Mourning: Support and Guidance for the Bereaved (2005)

Savine G. Weizman and Phyllis Kamm

Chapters cover death, funerals, the mourning process and helping others grieve.

306.9 ZUN

The Art of Condolence: What to Write, What to Say, What to Do at a Time of Loss (1991)

Leonard M. Zunin and Hilary Stanton Zunin

Provides advice to those who wish to console others who are grieved. Specifically provides suggestions for responding to families in difficult circumstances like the death of a child, suicide, murder, AIDS and military death.

Suicide

362.2801 SMO

Healing after the Suicide of a Loved One (1993)

Ann Smolin

With extraordinary understanding and compassion, the authors have written a guide that will be of great help to those who must navigate the painful and often overwhelming aftermath of losing a loved one to suicide.

362.283 LUK

Silent Grief: Living in the Wake of a Suicide (1990)

Christopher Lukas and Henry M. Seiden

A survivor and a psychologist offer practical advice and emotional support on overcoming the guilt, anger, depression and fear that follow in the wake of a suicide.

362.283 MYE

Touched by Suicide: Hope and Healing after Loss (2006)

Michael F. Myers

A rich resource of guidance and support written by survivors with candour and compassion intended for those who have been touched by suicide.

Practical Details and Planning a Memorial Service

306.9 SIM

The Survivor's Guide: Coping with the Details of Death (1990)

Sheila Simpson

A practical plan on what to do after a person dies.

393.9 BEN

In Memoriam: A Practical Guide to Planning a Memorial Service (1997)

Amanda Bennett and Terence B. Foley

Describes different types of memorial/funeral services; includes checklists of what you will need for the different services; dos and don'ts of eulogies with many examples; suggestions for music, biblical passages, poems and flower arrangements.

393.9 COC

Simply Essential Funeral Planning Kit (2002)

Don S. Cochrane

"Plan a funeral yourself; understand when to say no to unnecessary expenses; document information for your family"—A Self-Counsel Press book. Describes various options and choices, responsibilities and requirements.

Spiritual Consolation and Words of Wisdom

128.5 TER

Will the Circle Be Unbroken?: Reflections on Death, Rebirth, and Hunger for a Faith (2001)

Studs Terkel

Terkel has brought together the stories of many interesting people, including some well-known people, who talk about how the death of a loved one has transformed their lives and their way of looking at the world.

155.937 CHI

Chicken Soup for the Grieving Soul: Stories about Life, Death, and Overcoming the Loss of a Loved One (2003)

Jack Canfield and Mark Victor Hansen

Inspirational stories from the popular "Chicken Soup" series.

242.4 LEV

Remembering with Love: Messages of Hope for the First Year of Grieving and Beyond (1992)

Elizabeth Levang and Ilse Sherokee

Spiritual consolation for times of grief and loss.

296.72 REM

My Grandfather's Blessings: Stories of Strength, Refuge and Belonging (2000)

Rachel Naomi Remen

Dr. Remen's grandfather, an orthodox rabbi, saw life as a web of connection and knew that everyone belonged to him, and that he belonged to everyone. He taught her that blessing one another is what fills our emptiness and heals the loneliness in us all. Also take a look at her earlier book, *Kitchen Table Wisdom*, for more stories of mourning and healing.

297.23 MAQ

After Death, Life: Thoughts to Alleviate the Grief of All Muslims Facing Death and Bereavement (2001)

Ruqaiyyah Waris Maqsood

"This book offers practical advice, not only on Islamic attitudes to the dying, and the correct procedures of burial according to the Sunnah of the Prophet, but also much to console and strengthen the bereaved, to help them through this sad but inevitable experience."

378.1209 ALB

Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson (2002)

Mitch Albom

As he prepares to die, Morrie teaches his last classes—lessons in how to live.

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